



## What is the TotalHealth wellness program?

The health of your mouth can impact health throughout your whole body and the health of your body can impact your mouth. **That is why Delta Dental of Washington offers the TotalHealth wellness program (additional diagnosis specific benefit), providing increased dental benefits for members with qualifying health conditions.**

The TotalHealth wellness program will be available for participating groups starting January 1, 2025.

## How it works

If you are diagnosed as having one or more qualifying medical conditions you are eligible to receive additional cleaning benefits. Confirmation of successful enrollment will be sent via email along with important information about the plan. Additionally, members will receive regular updates and educational materials via email to help them maximize their benefits and stay informed about their plan.

Members log into their free MySmile member account.

[DeltaDentalWA.com/MySmile](https://www.DeltaDentalWA.com/MySmile)



They report any qualifying medical conditions via the TotalHealth form.



They schedule their next dentist appointment and make the most of the additional benefits.



## Covered dental benefits\*



- Additional cleanings
- Additional periodontal maintenance
- Additional scaling in the presence of generalized moderate or severe gingival inflammation

### \*Limitations

Additional cleanings for pregnancy will be available in the current Benefit Period after you notify us of your pregnancy and for one Benefit Period thereafter.

For qualifying conditions besides pregnancy, additional cleanings are available in the current Benefit Period and for each Benefit Period thereafter, as long as you continue to have one or more qualifying medical conditions and have coverage with Delta Dental of Washington.

A maximum of up to four cleanings are allowed in a Benefit Period. Your additional benefits will be available to you 24 hours after form submission<sup>1</sup>

To qualify for additional benefits for periodontal disease, prior history of periodontal therapy is required.

## Do you have a qualifying condition?

Let us know through the **TotalHealth wellness program** to access additional dental benefits.

## Qualifying Conditions

- Amyotrophic lateral sclerosis (ALS)
- Alzheimer's Disease
- Cancer
- Chronic kidney disease
- Diabetes
- Heart disease
- Huntington's disease
- Joint replacement
- Lupus
- Opioid misuse and addiction
- Oral Cancer
- Parkinson's disease
- Pregnancy
- Rheumatoid arthritis
- Sjogren's syndrome
- Stroke

## TotalHealth wellness program in action



### Meet Sarah

Sarah was diagnosed with diabetes. The cost of visiting the dentist has prevented her from going in for cleanings in recent years. She learned about the TotalHealth wellness program through a promotional email. She logged into her MySmile account and self-reported her diagnosis and qualified for additional periodontal maintenance.

Call us (800) 554-1907  
Visit [DeltaDentalWA.com](https://www.DeltaDentalWA.com)